



# Heritage Center

The Heritage Center is 55+

October 2013 Supplement

## Oktoberfest—Thursday, October 24

**Heritage Center**  
**#10 E. 6150 S.**  
**801-264-2635**  
**www.murray.utah.gov**

### Program Reminders

**Classes** — Get the Bling On (Jewelry) Mon., Oct. 14 at 1:00. Basic Medicare Information Thurs., Oct. 17 at 10:30. Affordable Care Act Tues. Oct. 22 at 10:30. Driver's Safety Mon. Oct. 28 at 9:30.

**Movies**—Mondays 1:00.

**Trips**—Wendover Oct. 10 at 8:30. Tooele Wed., Oct. 16 at 9:00. Antelope Park Wed., Oct. 23 at 10:00.

**Attorney Consultations**—Wed., Oct. 9 at 11:00.

**Health Services**—Blood Pressure Thurs., Oct. 3 at 11:00. Flu Shots Tues., Oct. 8 at 10:00. Blood Testing Thurs., Nov. 7 at 9:00.

**Jam Session**—Thurs., Oct. 17 at 3:30.

**Massages**—Friday.

**Barbershop**—Tuesday.

“MUSIC OF THE ALPS” Don't miss out on hearing the Salzburger Echo Band as they entertain for the Oktoberfest on **Thursday, October 24 at 11:00**. The cost is \$8 for entertainment and a German style meal. Reserve a spot and choose where you will sit when making your reservation. Payment needed when



making the reservation. This event usually sells out so make your reservation today!

The Salzburger Echo Band uses a wide range of unusual instruments

bringing the Alps to their audiences with old world and contemporary folk music from al-

pine regions of Germany, Austria, and Switzerland. They con-

tinue to amaze audiences with their twelve-foot alphorns, Swiss cowbells, and harmony yodeling. Performances in authentic costuming are musically and visually exciting!

## Halloween Fun

The Heritage Center will put a different twist on Halloween this year. The children from our Pen Pal class at Liberty Elementary will visit us and parade in their costumes on **Thursday, October 31 at 11:30**. Instead of handing out candy, we will fill their backpacks with needed school supplies. Donations of school supplies are needed. Supplies requested include pencils, erasers, glue sticks, spiral notebooks, pens, dividers, crayons (box of 16), markers, and 3x5 cards. Donations accepted anytime before October 31. Let's treat these kids to a bag full of “school goodies”.

## Veterans' Day Brunch

The Center will feature a brunch honoring our Veterans on **Friday, November 8**. Calli will have a special all American breakfast buffet that day. You may eat anytime between 11:30-12:30. The morning will start off at 11:15 with a flag ceremony by the Murray Police Department followed by the singing of the National Anthem

by Marlene Tillman also from the Police Department. Marlene has been a professional singer for 25 years. Pianist Brian Ballard will then play music during the lunch hour. The cost is \$3 for Veterans and \$5 for others. Purchase tickets in advance for this activity.





October  
2013

## Heritage Center Events

Heritage Center

#10 E. 6150 S.

(west of State Street)

801-264-2635

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

we are here to serve you

Monday-Friday

8:00-4:30 and

Thursday until 10:00 PM

## MONDAY

**Quilt Raffle** - the beautiful quilt on the stage will be given away on Thurs., Oct. 24 (during the Oktoberfest). You don't have to be present to win. Purchase your tickets today. Thank you IMC quilters for making the quilt!

9:00 NIA  
9:00 Facebook  
9:30 IMC Quilters  
11:00 Bridge \*new time\*  
1:00 Movie  
1:00 Bridge  
2:00 Strength Conditioning

9:00 NIA  
9:00 Facebook  
9:30 IMC Quilters  
11:00 Bridge  
1:00 Movie  
1:00 Get The Bling On / Crafts  
2:00 Strength Conditioning

9:00 NIA  
9:00 Facebook  
9:30 IMC Quilters  
10:30 Chakra / Meditation Class  
11:00 Bridge  
1:00 Movie  
2:00 Strength Conditioning

9:00 NIA  
9:30 IMC Quilters  
9:30 AARP Driving Class  
10:30 Chakra/Meditation Class  
1:00 Bridge  
1:00 Movie  
2:00 Strength Conditioning

## TUESDAY

8:30 Ceramics  
9:00 Stretch / Haircuts  
9:30 Line Dancing  
10:30 Tai Chi  
11:00 Canasta  
11:30-12:30 Lunch  
12:30 Exercise Help  
12:45 Crafts  
2:00 Beginners Line Dancing

8:30 Ceramics  
9:00 Stretch / Haircuts  
9:30 Line Dancing  
10:00 Flu Shots  
10:30 Tai Chi  
11:00 Canasta  
11:30-12:30 Lunch  
12:30 Exercise Help  
12:45 Crafts  
2:00 Beginners Line Dancing

8:30 Ceramics  
9:00 Stretch / Haircuts  
9:30 Line Dancing  
10:30 Tai Chi  
11:00 Canasta  
11:30-12:30 Lunch  
12:30 **No Exercise Help**  
12:45 Crafts  
2:00 Beginners Line Dancing

8:30 Ceramics  
9:00 Stretch / Haircuts  
9:30 Line Dancing  
10:30 Tai Chi  
10:30 Affordable Care Act  
11:00 Canasta  
11:30-12:30 Lunch  
12:30 Exercise Help  
12:45 Crafts / 1:00 Basic II  
2:00 Beginners Line Dancing

8:30 Ceramics  
9:00 Stretch / Haircuts  
9:30 Line Dancing  
10:30 Tai Chi  
10:30 Breast Cancer Awareness  
11:00 Canasta  
11:30-12:30 Lunch  
12:30 Exercise Help  
12:45 Crafts / 1:00 Basic II  
2:00 Beginners Line Dancing

Heritage Center

WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <p>           9:00 Painting            9:15 Pinochle            10:00 Yoga            11:15 Chair A'Robics            11:30-12:30 Birthday/Lunch            12:45 Bingo            1:00 Chronic Conditions            1:00 Bridge            1:00 Wii Wednesday         </p>	<div>3</div> <p>           8:30 Ceramics            9:00 Stretch &amp; Tone            9:30 Toe Nail Clippings            10:30 Tai Chi            11:00 Blood Pressure/Glucose            11:30-12:30 Lunch            12:30 Happy Hatter's            12:30 Mexican Train/Exercise            1:00 Square Dancing            2:00 Strength Conditioning            7:00 Dance         </p>	<div>4</div> <p>           9:00 Zumba            9:00 Spanish            9:30 Computer Help            10:00 Yoga            11:15 Chair A'Robics            11:30-12:30 Lunch            11:45 Massage            12:45 Bingo            1:00 Bridge         </p>
<div>9</div> <p>           9:00 Painting            9:15 Pinochle            10:00 Yoga            11:00 Attorney            11:15 Chair A'Robics            11:30-12:30 Lunch            12:45 Bingo            1:00 Chronic Conditions            1:00 Bridge            1:00 Wii Wednesday         </p>	<div>10</div> <p>           8:30 Ceramics            8:30 Wendover            9:00 Stretch &amp; Tone            10:30 Tai Chi            11:30-12:30 Lunch            12:30 Mexican Train/Exercise            1:00 Square Dancing            2:00 Strength Conditioning            7:00 UTE RC /Dance         </p>	<div>11</div> <p>           9:00 Zumba            9:00 Spanish            9:30 Computer Help            10:00 Yoga            11:15 Chair A'Robics            11:30-12:30 Lunch            11:45 Massage            12:45 Bingo            1:00 Bridge         </p>
<div>16</div> <p>           9:00 Painting            9:00 Tooele Breakfast            9:15 Pinochle            10:00 Yoga            11:15 Chair A'Robics            11:30-12:30 Lunch            12:45 Bingo            1:00 Chronic Conditions            1:00 Bridge            1:00 Wii Wednesday         </p>	<div>17</div> <p>           8:30 Ceramics            9:00 Stretch &amp; Tone            10:30 Tai Chi            10:30 Medicare Class            11:30-12:30 Lunch            12:30 Happy Hatter's            12:30 Mexican Train/<b>No Exercise</b>            1:00 Square Dancing            2:00 Strength Conditioning            3:30 Jam Session            7:00 Dance         </p>	<div>18</div> <p>           9:00 Zumba            9:00 Spanish            9:30 Computer Help            10:00 Yoga            11:15 Chair A'Robics            11:30-12:30 Lunch            11:45 Massage            12:45 Bingo            1:00 Bridge         </p>
<div>23</div> <p>           9:00 Painting            9:15 Pinochle            10:00 Yoga / Antelope Trip            10:30 Emergency Preparedness            11:15 Chair A'Robics            11:30-12:30 Lunch            12:45 Bingo            1:00 Chronic Conditions            1:00 Bridge            1:00 Wii Wednesday         </p>	<div>24</div> <p>           8:30 Ceramics            9:00 Stretch &amp; Tone            10:30 Tai Chi            11:00 Oktoberfest Festival            12:30 Mexican Train/Exercise            1:00 <b>No Square Dancing</b>            1:00 Basic II            2:00 Strength Conditioning            7:00 Dance         </p>	<div>25</div> <p>           9:00 Zumba            9:00 Spanish            9:30 Computer Help            10:00 Yoga            11:15 Chair A'Robics            11:30-12:30 Lunch            11:45 Massage            12:45 Bingo            1:00 Bridge         </p>
<div>30</div> <p>           9:00 Painting            9:15 Pinochle            10:00 Yoga            11:15 Chair A'Robics            11:30-12:30 Lunch            12:45 Bingo            1:00 Bridge            1:00 Wii Wednesday         </p>	<div>31</div> <p>           8:30 Ceramics            9:00 Stretch &amp; Tone            10:30 Tai Chi            11:30 Halloween Kids Parade            11:30-12:30 Lunch            12:30 Mexican Train/Exercise            1:00 Sq. Dance / Basic II            2:00 Strength Conditioning            7:00 Dance         </p>	

## Donations Needed

Donations of hand made items are currently being requested for the Heritage Center table at the Winter Boutique coming in December. The money raised from the sale of items on the Heritage Center table will go directly to programs offered at the Center. Only new or handmade items are being accepted. Thank you for your help!

## Stroke Prevention

On **Tuesday, November 5** at 10:30, Kelly Anderson, BSM, RN from Intermountain Medical Center Stroke Services will present a class on stroke prevention. Sign up now for this free class.

Stroke is the leading cause of long-term disability and the fourth leading cause of death in the United States and it is striking at increasing younger ages. The good news is that if treated early, the damage from a stroke can be minimized. Come and learn more on November 5.

## Breast Cancer Awareness

The Center is pleased to welcome a representative from the Huntsman Cancer Institute on **Tuesday, October 29 at 10:30** to discuss Breast Cancer.

October is Breast Cancer awareness month and our goal at the Center is to educate all participants on cancer awareness. The representative will discuss breast cancer, what causes it, and the things you can do to lower your risk. Sign up now for this free class.

## Chakra Meditation Class-Mon., Oct. 21

Starting on **Monday, October 21 at 10:30**, the Center will offer a Chakra Meditation class. Barbara Battison, Massage Therapist will teach this FREE class.

Barbara will be at the Center each Monday at 10:30 to explain how the chakras work. She will begin with some education and then use the meditation portion of the class to activate the chakras. The word Chakra is Sanskrit for wheel or disk. It signifies one of seven basic energy centers in the body which are the openings for life energy to flow into and out of our aura. Each of these centers correlates to major nerve ganglia branching forth from the spinal column. Come on Mondays and learn about this ancient meditative practice. Class begins October 21.

## Emergency Preparedness and Food

Learn the basics of Emergency Preparedness with Marilyn Albertsons from the Utah State Extension Family & Consumer Science Department on

**Wednesday, October 23 at 10:30.** Marilyn will address issues regarding short term food storage and cooking in times of emergencies.

Do you have an adequate food supply at home that would tide you over if an emergency came up? Attend this fun and informative class and learn how to build your back-up food supply gradually and not break the bank. Marilyn will give you some basic formulas for preparing quick, easy, and healthy meals should an unexpected situation or disaster arise.



### Happy 100th Birthday Ralph Abrahamson October 1, 1913

Ralph played in the Heritage Center 18 hole golf tournaments for many years and continues to play Bridge at the Center on Wednesdays and Fridays and with the Senior Bridge Club. From all of your friends at the Heritage Center —  
Happy 100th Birthday Ralph!

Congratulations to the Murray City Power Department Essay Contest Winners: 1st Place—Gae Cowley for *My Favorite Entertainer*, 2nd Place—Teri Wood-Elegante for *Reddy Kilowatt and Me*, 3rd Place Tie—Carolyn Anderson for *The Old Light Pole* and Glen Martinson for *An Electrifying Conversion?*



No Lunch Reservations Needed!  
Drop by for the regular menu  
item listed below or choose a  
salad or sandwich.

**OCTOBER 2013**

## Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event

Lunch is served anytime between 11:30 - 12:30

Pay and make your selection when you are ready to eat.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>BEEF STROGANOFF</b> Egg Noodles Veggies Lemon Supreme Cookies or Fruit	<b>HONEY CHICKEN</b> Mashed Potatoes Brussels Sprouts Birthday Cake & Ice Cream or Fruit	<b>ASIAN PORK KABOBS</b> Coconut Rice Veggies Pavlovas or Fruit	<b>STUFFED BURGERS</b> Oven Fries Salad PB&J Rice Krispie Treats or Fruit
<b>NO LUNCH</b>	<b>QUESO CHICKEN</b> Cilantro Rice Salad Best Sugar Cookies or Fruit	<b>GARLIC PESTO CHICKEN PASTA</b> Green Salad Apple Slab Bars or Fruit	<b>MEATLOAF</b> Mashed Potatoes Gravy Green Beans Orange Pretzel Salad or Fruit	<b>ROSEMARY PROSCIUTTO PORK</b> Roasted Potatoes Veggies, Mocha Cake or Fruit
<b>NO LUNCH</b>	<b>LEMON DILL SALMON</b> Baked Potatoes Veggies Mississippi Mud Brownies or Fruit	<b>SWEDISH MEATBALLS OVER RICE</b> Broccoli Carrot Cake or Fruit	<b>BBQ PORK BURGERS</b> Chips Fruit Cookies and Cream Cake or Fruit	<b>TORTILLA SOUP</b> Quesadilla Wedges Salad Tres Leches Cake or Fruit
<b>NO LUNCH</b>	<b>THAI CHICKEN ENCHILADAS</b> Salad Macaroons or Fruit	<b>CHICKEN PARMESAN</b> Roasted Veggies New Orleans Brownies or Fruit	Advance ticket-\$8 <b>OKTOBERFEST</b> Beer and Onion Braised Chicken or Bratwurst, Potato Latkes, Green Beans, Roll, Apple Cake, Root Beer	<b>CRUSTED TILAPIA</b> Rice Pilaf Veggies Banana Caramel Cake or Fruit
<b>NO LUNCH</b>	<b>POPPYSEED CHICKEN OVER RICE</b> Carrots Peanut Butter Cookies or Fruit	<b>STUFFED PEPPERS</b> Salad Roll Pecan Pie Cobbler or Fruit	<b>FRIDAY HALLOWEEN LUNCH - DO YOU DARE?</b> Crispy Brain Stuffed Mushrooms, Sweet & Spicy Bat Wings, Witches' Brew Stew with Mummy Skin Crisps, Graveyard Greens with Moldy Dressing, Poisoned Apple Spice Cake with Ice Scream, Petrified Punch	